

# #TeenFitness Coming this Fall



**ROYAL  
FITNESS**

*Family owned since 1979*

|  | MON    | WED    | FRI    |
|--|--------|--------|--------|
| <br>TRX | 4:30pm | 7:00pm | 4:30pm |
| Weight<br>Training   | 5:15pm | 6:15pm | 5:15pm |

## TRX & Weight Training



- Ages 12-15
- Monthly fee
- Initial one on one session with trainer included to individualize fitness program
- Small group training with a certified personal trainer in our Training Camp room
- 45 min sessions/ 6 sessions per week/ 24 sessions per month
- For more information and to sign up, email Fitness Director Danielle Zacamy at [dannivilnonis@yahoo.com](mailto:dannivilnonis@yahoo.com)